



# My Day Is Ruined!: A Story Teaching Flexible Thinking (Executive Function)

*Bryan Smith*

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Braden was so excited for his upcoming Championship baseball game! The night before he dreamt of that moment]] THE moment]]the ooohs and ahhs of the crowd as he scored the game-winning run! But imagine his surprise when he woke up to pouring rain]]and NO GAME! This, coupled with some events at school that don't go his way, send Braden on an overreaction tailspin! Will Braden be able to recover from his overreacting tendencies and practice the tips of flexible thinking that his teacher and mom teach him? Find out in another comical story by Bryan Smith

## My Day Is Ruined!: A Story Teaching Flexible Thinking (Executive Function) Details

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Author : Bryan Smith

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## **From Reader Review My Day Is Ruined!: A Story Teaching Flexible Thinking (Executive Function) for online ebook**

### **Kate Puleo Unger says**

I loved Bryan Smith's What Were You Thinking?, so when Boys Press contacted me about reviewing My Day Is Ruined!, I immediately said yes. My son (age 6) struggles with behavior and emotional outbursts when things don't know his way, so I was anxious to get my hands on this next book about flexible thinking.

In this book, Braden (a 3rd grader) learns how to adjust his thinking when unexpected circumstances "ruin" his day. The examples were very applicable to other children: rain cancels his big baseball game, the school cafeteria changes the menu for lunch, and his little brother cannot wear his school t-shirt on spirit day because it is dirty.

Similar to What Were You Thinking?, this book offers a 4 step process for kids to follow to adjust their thinking and come up with a new plan - instead of throwing a temper tantrum. I thought the steps were fairly easy to follow and doable for young children. The final page in the book offers some extra tips for parents and teachers on activities to try with their children.

This book was pretty wordy, so it's definitely aimed at older children - ages 6-10. I am excited to read it with my son, and I will be sharing information about it with his school principal as their theme for the school year is flexible thinking.

<http://www.momsradius.com/2016/09/kid...>

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### **Kya says**

This book can really give tools to those struggling with thinking about other people involved in situations, as well as flexible thinking in general. The voice involved with the text is at that child-like level and I think this would be super effective. I love the inclusion of steps!

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### **Jennifer Mutters says**

I think this was a great story for my son to read.

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### **Sarah says**

A helpful tool for flexible thinking.

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